

Hi *****.

***For confidentiality, I omitted the paragraph that deals with personal information.**

1. Child Protection & Family Support Team

<https://www.abbotsfordchildandyouth.ca/youth/family-support>

Ministry of Children and Family Development

In addition to responding to reports from the community regarding children who may be in need of protection, **the team also assesses requests for supports to families who are struggling with parenting their children. Families experiencing extreme stress that is negatively impacting the family and who are in need of help may call for support.**

[Find Out More](#)

2. BC Parent Peer Support: offers peer support for parenting challenges

<https://familysmart.ca/parent-peer-support/bc-parent-peer-support/>

corinna.landsberger@familysmart.ca

1 (855) 887 8004

Corinna is a mom of three and has lived in and around Abbotsford for 21 years. Her experiences as a parent, including parenting foster children, drew her to this work in a desire to make a positive impact. She values being able to support other parents and offer them hope for their child's future.

A workshop series designed for families having hard times
<https://familysmart.ca/help-for-the-hard-times-workshop/>

3. Youth Peer Support worker

Youth Peer Support workers use their own lived experience to provide emotional support, mentorship and modeling of healthy coping strategies and healthy social connections to other children and youth experiencing a mental health and/or substance use challenge.

FamilySmart's Youth Peer Support Workers currently work in hospital and Day Treatment Program settings as part of the staff teams providing care and support to the children and youth who are inpatient and/or participating in these programs.

<https://familysmart.ca/parent-peer-support/youth-peer-support/>

4. Video talk by Dr. Ross Greene on Collaborative Problem Solving. He's a noted authority ON behaviorally challenging kids.

<https://familysmart.ca/videos/>

5. Dr. Ross Greene Resources.

<https://drrossgreene.com/>

***I know this is very stressful, but please hang in there!**

****Please confirm that you have received this document at your earliest convenience.**

**Best wishes,
Jeffrey**